



CHIPPEWA VALLEY
ORTHOPEDICS AND
SPORTS MEDICINE

BRENT CARLSON, MD
carlsonmd.com



BIRKIE[®] **Tour**

&

BIRKIE[®] **Night Race**

NEW  **MOON**
SKI + BIKE SHOP

PARTICIPANT **GUIDE**

January 27, 2024

TABLE OF CONTENTS

Registration	3
Schedule	4
Directions & Parking	5
Bib Pick-up	6-7
Birkie Tour Course Information	8-9
Aid Stations	10
Night Race Course Information	11-12
After Party!	13
Night Race Awards & Results	14
Birkie Store	15
Proud Partners	16

TOUR BY DAY - RACE BY NIGHT!

Enjoy a training day AND a fun race at night! Ski the Birkie Trail at a relaxed pace during the day, enjoy a nice meal, rest up, and then come back for racing under the stars around the Telemark Trails!

Choose both events or just one- create your own adventure!

REGISTRATION

Know anyone who still needs to register?

[REGISTER HERE!](#)

Tour	\$85
Night Race	\$75
Combo	\$120
Register for the Tour and Night Race at the same time and receive a \$30 discount!	

Note: All participants must pre-register before the tour or the race! No on-site registration available.

BIRKIE TOUR SCHEDULE

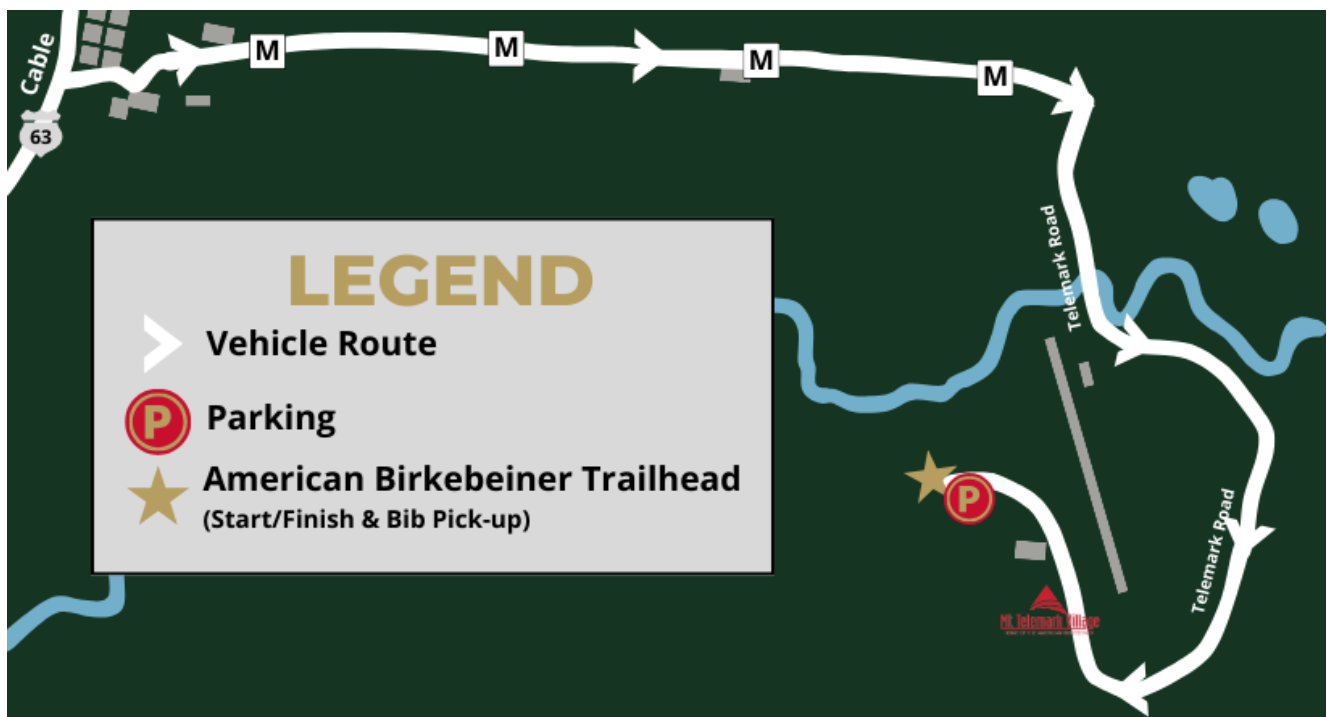
8:30 am - 10:30 am	Bib Pick-up
9:00 am - 11:00 am	Birkie Tour Start
9:30 am	Timber Trail Opens
11:00 am	After Party Begins!
11:00 am	Mt. Telemark Village Guided Tour with Ben Popp!
2:00 pm	Timber Trail Closes
2:00 pm	Mt. Telemark Village Guided Tour with Ben Popp!
3:00 pm	Birkie Tour Cut-off
5:00 pm - 6:00 pm	Night Race Bib Pick-up
6:00 pm	Team 20k Start
6:05 pm	10k Start
6:30 pm	Post-Race Party begins!
6:45 pm	10k Award Ceremony
7:45 pm	20k Award Ceremony
8:30 pm	Night Race Cut-off
Thanks for a great day on the trails!	

GETTING THERE

Check in for the Birkie Tour at the Derksen Great Hall at American Birkebeiner Trailhead, Cable, Wisconsin.

GPS Coordinates: 46.193510, -91.249866

Arrive at the start from Telemark Rd. Take Hwy M east from Cable for 2 miles, then take a right (south) on Telemark Rd. and follow the signs to parking and/or check-in.



BIB PICK-UP

Derksen Family Great Hall

American Birkebeiner Trailhead

Birkie Tour & Race | 9:00 am - 11:00 am

Night Race | 4:30 pm - 6:00 pm



Note: the Birkie Tour bibs are not chipped, as the Tour is not a timed event. Birkie Tour and Night Race bibs must be worn to ensure safety of participants.

PARTICIPANT SWAG

At bib pick-up, Birkie Tour and Night Race participants will receive a custom coffee mug and wax scraper, as well as their afternoon meal and beverage tickets! Remember to bring your tickets for your complimentary meal and drink!



Note: Meal is only served from 11:00 am-3:00 pm. Additional snacks and hot chocolate will be available for Night Race participants.



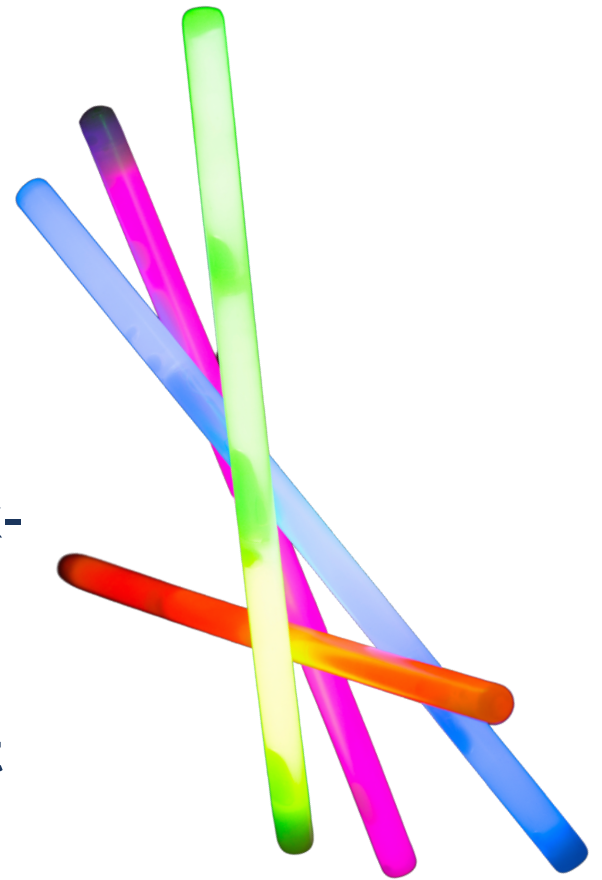
BACKROADS COFFEE

Backroads Coffee will be at bib pick-up on Saturday morning to warm you up! Grab a cup to-go with your Birkie Tour swag!

RACE ON THE GLOW!

Night racers will be able to light up the trail with colorful glowsticks!

Night race participants can pick-up their glowsticks by visiting bib pick-up from 5:00 - 6:00 pm inside the Derksen Family Great Hall!



SKI TOUR!

Join executive director, Ben Popp, for a guided ski-tour of the Mt. Telemark Village property! Meet at the ABSF development tent for more information!

BIRKIE TOUR COURSE MAP



The Birkie Tour will start and finish at the American Birkebeiner Trailhead. Skiing is not advised beyond the Timber Trail Cabin at this time. Ski at your own risk. You choose the distance you want to enjoy!

BIRKIE TOUR AMBASSADORS



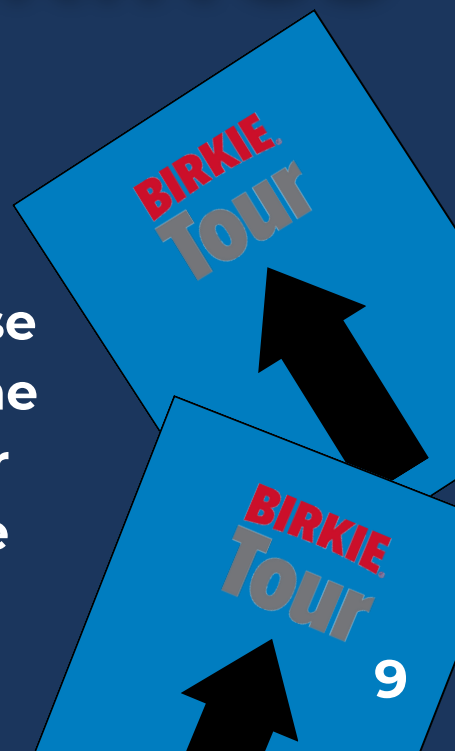
The course will be patrolled throughout the day by Birkie Tour Ambassadors. Ambassadors have a lot of Birkie Trail experience and can assist with waxing and share their knowledge of the Birkie Trails and Birkie Races. Look for the white Ambassador bibs!

TOUR MARKINGS

If you wish to ski out to Timber Trail or Fire Tower and back, the trail will be marked with blue signs and black arrows.

Note: There will be no supplemental course signage beyond the Timber Trail Cabin. The Samuel C. Johnson Family Outdoor Center at HWY 00 will be open, but no aid will be made available.

Ski further at your own risk.



AID STATIONS

Aid stations will be supplied with:



- **Nourishment** - water, sandwich cookies, & bananas. On-course energy is sponsored by UnTapped: Mapleaid hydration, fuel, & waffles
- **Comfort** - shelter, toilets, and basic medical care
- **Finish Line** - enjoy water and UnTapped Mapleaid hydration to recover!

Birkie Tour Aid Stations

Aid Station	Kilometers from Start	Cut-off Time
Start	0 km	11:00 am
Timber Trail	7 km	2:00 pm
Finish	Any distance you choose!	3:00 pm

Team 20k Night Race Aid Stations

Aid Station	Kilometers from Start	Cut-off Time
Start	0 km	6:00 pm
Laps 1-4	4 km, 8 km, 12 km, 16 km	--
Finish	20 km	8:30 pm

10k Night Race Aid Stations

Aid Station	Kilometers from Start	Cut-off Time
Start	0 km	6:05 pm
Lap 1	4 km	--
Finish	8 km	8:30 pm

NOTE: final race distances is subject to change depending on course and conditions.

Participants will not be allowed to continue on the course past the cut-off times. Transport back to the American Birkebeiner Trailhead will be provided for those not making the cut-off times.

NIGHT RACE COURSE MAP



COURSE MARKINGS

The race course will be marked with yellow signs with black arrows and fluorescent tape. There will also be signs indicating the lap and finish lanes.

HEAD LAMPS REQUIRED

As the race will be hosted under the stars, all participants are required to wear a head lamp throughout the duration of the race.

Headlamps will not be provided, and must be supplied by the participant.



NIGHT RACE COURSE DESCRIPTION

All race courses will start and finish at the American Birkebeiner Trailhead. The 20k team race will complete 5 laps. The 10k race will complete 2 laps, and will be around 8k in total distance. All race distances are subject to change depending on course and conditions.

From the start, go down the main Birkie Trail approximately 600m, then make a left to pick up the old Korte inbound. Continue on that trail all the way to/up and over the tunnel, then a hard right on the on the other side. Continue through the competition stadium. At the top of that short hill it's a 180° turn, then a short downhill.

After a slight bend to the left look for a harder right onto Nordmor trail. After climbing easy up Nordmor, look for a short left, pay attention to the turn around (loop) near Telehenge, it's a new piece. Make the loop and you're headed back on Nordmor, the only (very) short two-way piece. Then a hard left onto the Deck loop, which will take you up then downhill, with a fast bend to the left, to the climb up to the Elevator Shaft.

Then it's straight down to the base of the World Cup making a left to begin that long climb. At the top it's a hard right and you'll be headed down to Twisted Sister, a soft right and hard left - be ready for this one, it's fun! Get through Twisted Sister and it's a hard right (at the very top) headed back towards the competition stadium. Then downhill, make a left and head for a trip through the tunnel. Once through there look for lap and/or finish lanes. It would be a good idea to familiarize yourself with how those lanes are marked and/or laid out.

Have fun, be careful & courteous, enjoy!

BIRKIE TOUR AFTER PARTY

Derksen Family Great Hall

11:30am - 3:00pm

After your Tour, enjoy a hot lunch and a cold beverage inside the Great Hall to recover and re-fuel! Beer is provided by Earth Rider Brewery - the Official Beer of the Birkie!

Don't forget to present your meal and drink tickets to claim your fare!

Earth Rider Beer and non-alcoholic options will also be available for purchase.



MENU:

**Lasagna
Garlic Knots
Salad
Cookie**

Vegetarian and Gluten-free options available upon request.

S'MORES & MORE!

Derksen Family Great Hall

6:30pm - 8:30pm

After racing under the stars, join us for a s'mores and hot chocolate bar! In addition to aid station offerings, all night race participants can enjoy additional sweet treats to refuel after the 10k or 20k partner race!



NIGHT RACE AWARDS & RESULTS

[LIVE Results Here](#)

Awards Schedule	
6:45 pm	10k Awards
7:45 pm	20k Team Awards

Award ceremonies for overall event champions will be awarded at the podium outside of the Derksen Family Great Hall.

Note: you must be present to receive your award!

10K AWARDS

Overall Awards:

Top 3 Male & Female Finishers

TEAM 20K AWARDS

Overall Awards:

Top Male Team

Top Female Team

Top Mixed Team



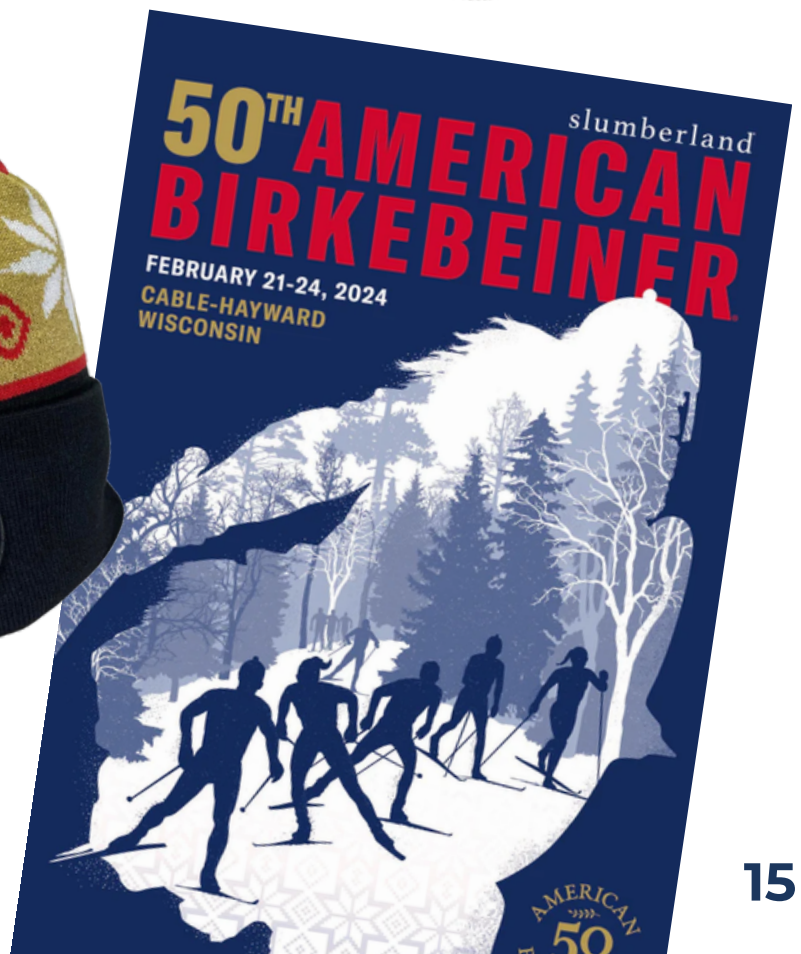
BIRKIE STORE

Derksen Family Great Hall

9:00 am - 6:00 pm

We are celebrating our 50th Anniversary
all year long!

Commemorate your ski or
race at the Birkie Tour by
shopping at the Birkie Store
during bib pick-up or the post-
race party! Treat yourself -
you've earned it!





PROUD PARTNERS

Title Sponsor - Birkie Tour



BRENT CARLSON, MD
carlsonmd.com

Title Sponsor - Night Race



SKI + BIKE SHOP

Gold Circle Elite Sponsors

SALOMON



ARIENS



KWIKTRIP



**Tamarack
Health**



maloja